

Health Homes Herald

February, 2016

Volume 3, Issue 5

Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

Health Homes: Opening the Blinds

Our Health Homes success story this month comes to us from Mike Loyd and Ronda Tammen at the Prairie View Health Home. Mike writes:

When I first met Rita she was essentially a captive in her own apartment. Due to her chronic mental and physical illnesses, Rita's days were spent sitting in her chair with the blinds on the windows closed.

Suffering from severe COPD, depression and anxiety, Rita began to accept her situation and did not foresee any improvement.

Rita's main activities involved watching the television and smoking cigarettes. The only times that Rita got out of her apartment were her once weekly grocery shopping trip and visits to her representative payee. Unfortunately, Rita also had frequent outings due to admissions to the emergency room (ER) for respiratory distress.

Rita began receiving Health Home services in 2014 and has seen marked improvement since that time.

As her Care Coordinator, I assisted Rita with resuming appointments with her therapist at the local mental health center. Ronda, her Nurse Coordinator began encouraging Rita's use of appropriate nebulizer medications rather than the over use of her rescue inhaler.

Ronda also questioned Rita's sleeping habits and it was determined that Rita was only sleeping two hours at a time due to respiratory difficulty as well as nightmares which occurred as a result of past abuse.

Hearing this, Rita's physician prescribed the use of a BiPap machine. After the first night of using the BiPap, Rita reported that she had slept through the night and was feeling rested.

Since Rita began receiving Health Home services in 2014, her admissions to the ER have dropped dramatically. In addition, Rita is now attending tobacco cessation classes and has been enrolled in a medication management program.

The depression that Rita was experiencing continues to decrease as she is feeling more rested, energetic, and hopeful. We can tell because she is keeping her blinds opened!

Mike and Ronda- thank you so much for your hard work with Rita. What an amazing story!

If you have a success story that you'd like us to feature in the Health Homes Herald, please contact:

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Questions?

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Consumers' Frequently Asked Questions

I've heard that Health Homes may be ending this summer? What does that mean for me?

All Health Home (HH) members will still get the same services through KanCare that they got before HHs. If the program ends, all HH members will be moved to some other type of care coordination. This may be provided by community providers or through the KanCare MCOs.

If you have other questions or just want to talk about Health Homes please contact Samantha Ferencik:

Phone : 785-296-8001 Email: sferencik@kdheks.gov

KDHE Special Health Care Needs Program Hosting Regional Meetings

The Kansas Department of Health and Environment (KDHE) Special Health Care Needs program is hosting regional meetings to engage agencies and organizations serving Kansas children and youth with special health care needs (CYSHCN) and stakeholders, including parents, caregivers and individuals. The focus of the meetings will be on developing a state plan that outlines future goals and strategies of the Special Health Care Needs program. The plan will work to strengthen collaboration, support systems integration and improve service delivery for CYSHCN.

The state plan is part of a two-year grant awarded to KDHE focusing on CYSHCN and their families. The primary objective of the grant is to support access for CYSHCN to receive services through an accessible, continuous, comprehensive, coordinated, compassionate, culturally competent and family-centered medical home.

To learn how you can participate, or for more information on the grant project or the regional meetings, please contact Heather Smith, Special Health Services Director, at 785-296-4747 or by email at hsmith@kdheks.gov. Pre-registration is required for these meetings as space is limited. Meeting information and the online registration is available at www.kdheks.gov/shcn/meetings. Meetings will be held from 1 – 3 p.m. on the dates listed below.

February 24: Topeka

March 9: Wichita

March 23: Pittsburg

March 31: Salina

April 18: Hoxie

April 19: Garden City

A detailed description of how the national standards were developed is available by visiting <http://cshcn.wpengine.netdna-cdn.com/wp-content/uploads/2014/03/Developing-Structure-and-Process-Standards-White-Paper.pdf>.



Update from The Center for Public Health Initiatives at WSU Community Engagement Institute

The Center for Public Health Initiatives at the WSU Community Engagement Institute (formerly CCSR) provides learning opportunities for staff within contracted Health Home Providers. Here is what's coming up:

- The **Health Action Plan Online Learning Series** for care coordinators, supported by the Kansas Health Foundation, resumed live presentations with *Writing SMART Health Action Plans* on February 16 at 10:00 a.m. Look for upcoming chances to catch this training. It is open for all veteran and new staff within contracted Health Home Partners.
- The **Health Homes Learning Collaborative** allows administrators and managers within contracted Health Home Partners to share ideas and resources to continuously improve the current Health Home system in Kansas and is required for all current contracted HHPs. Our next in person meeting will be on Wednesday, March 16 at the Rolling Hills Zoo in Salina.

Pre-registration for all events is required and is limited to staff from Health Home Partners who are directly contracted with one or more MCO. For more information or to add your name to an invitation list, please contact Vanessa Lohf at vanessa.lohf@wichita.edu

Health Homes Tips and Tricks

Our Health Homes Tip of the Month comes to us from Matt Atteberry, the Executive Director at the Labette Center for Mental Health Services. Matt writes about how his Health Home staff were able to assist a member with a criminal record in getting much needed medical care.

We have a member who was in prison for 20 years. Though he sees one of our staff for medications, he has not received medical care since May 2014 when he was discharged from prison. This member has uncontrolled hypertension, hyperlipidemia and coronary atherosclerosis. In addition, he has gall bladder and prostate concerns as well as cataracts and severe arthritis.

This member waited a year to obtain his medical records from the Department of Corrections just to be told that they would not see him for medical care. Feeling defeated, hopeless and humiliated this member gave up. When we met with this member we had him sign releases and assured him that we would do our best to get him the medical care that he needs. We then sent a short biography and a Health Action Plan to Labette Health Family Practice Clinic. This little extra effort and information led an APRN at the clinic to feel comfortable accepting our member as a new patient.

We know that members with criminal records sometimes present with unexpected and complicated health, social and other issues that form barriers to their health care. Excellent work!

If you have ideas, tips, tricks or strategies that you'd like to share, please contact Samantha Ferencik at:

Phone : 785-296-8001

Email: sferencik@kdheks.gov



With Heart Disease Family History Matters

According to the Centers for Disease Control and Prevention (CDC), if you have family members with heart disease, you might be more likely to develop heart disease yourself.

Each year in the United States, about 610,000 people die from heart disease. This represents almost 25% of all deaths in the United States. Some medical conditions, such as high cholesterol, high blood pressure, and diabetes, and lifestyle factors, such as an unhealthy diet, lack of exercise, and smoking, can make you more likely to develop heart disease.

In addition, having close blood relatives with heart disease can make you more likely to get heart disease. If you have a family health history of heart disease, collect information on your relatives with heart disease, including what age they were diagnosed. This is especially important if you have a parent, brother, or sister with heart disease.

Share this information with your doctor so that you can work together on steps to lower your

chances of getting heart disease. These steps can include eating a healthy diet, exercising regularly, maintaining a healthy weight, not smoking, limiting your alcohol use, having screening tests done and, in some cases, taking medication.

Some people have a common genetic disorder called familial hypercholesterolemia (FH). People with FH have increased levels of LDL cholesterol, which makes them more likely to develop heart disease at a younger age and increases their risk of dying from the disease.

For many people with FH, diet and exercise alone are not enough to control their cholesterol levels, and they require medications such as statins. In the United States, about 600,000 people (1 in 500) have FH. Many of them don't know they have it, so they aren't getting the treatment they need.

Finding out that a person has FH not only helps that person, but can help their entire family. Other members of the family can be tested for FH, and those with the disorder can take steps to lower

their chances of developing and dying from heart disease.

Take time to collect your family health history information and share this information with your doctor and other family members. Your doctor can help you take steps to lower your chances of getting heart disease.

For more information about heart disease and CDC recommendations visit: <http://www.cdc.gov/genomics/resources/diseases/heart.htm>

and

<http://www.cdc.gov/features/heartdisease/index.html>

Questions?

If you have questions, or would like more information about Health Homes in Kansas, please contact us. Our page on the KanCare website also contains information about the Health Homes project and documents are being updated regularly.

Phone: 785- 296-3981

Email: healthhomes@kdheks.gov

Website: http://www.kancare.ks.gov/health_home.htm

